



## DAILY INSTRUCTIONS Post CO2 Ablative Laser with PRP

### Post Treatment products to purchase from Harmony Skin & Wellness Clinic

Products required for post-treatment after care. The products are discounted 15%.

- **Avene SOS Complete Skin Care Kit (Includes: Facial Compress x3, Tolerance Extreme Cleansing Lotion, Tolerance Extreme Cream Moisturizer, Thermal Spring Water, Cicalfate Restorative Skin Cream and a sample of Tolerance Extreme Mask.**
- **Avene Mineral Ultra-Light Hydrating Sunscreen SPF 50<sup>+</sup>**
- **Aquaphor**

### Procedures to follow on DAY ONE: \_\_\_\_\_ (Date)

- **DO NOT WASH THE TREATED AREA(S) FOR THE FIRST 24 HOURS.**
- **Keep the PRP mask on for the first 24 hours.** If the area becomes too dry and uncomfortable you may gently wipe with damp gauze and cover the area with **Aquaphor** every two hours. Do not apply any other products to the treatment area for the first 24 hours. **Make sure to keep the area moist. The platelets supplied through the PRP MASK require a neutral temperature for cell replication to take place. AVOID exposing the treatment area to hot or cold temperatures for a minimum of 3 days.**
- **DO NOT USE ICE OR COLD PACKS.** The PRP Mask is rich in platelets that carry growth factors. These are living cells that require a neutral temperature to replicate. Extreme hot or cold temperatures will compromise efficacy.
- Begin taking your prescribed **antibiotics** (i.e. Keflex) the day of your procedure. Be sure to complete this prescription.
- **To minimize bruising**
  - Continue to drink 8 oz. of pineapple juice or nectar twice a day, for 2-3 days after the **PRP injections**.
  - Continue to take Arnica Montana Tablets (sub-lingual), 3-4 tablets, 3 times a day for 3-4 days after your treatment.
  - Continue increased consumption of green leafy vegetables and lean proteins
  - Discontinue alcohol consumption **for 3 days** post treatment.

**This laser treatment triggers an immune response for best efficacy; please take measures to lead a healthy lifestyle and eat a balanced diet. Smoking, alcohol, drugs and stress can decrease the effectiveness of this laser treatment.**

### Procedures to follow on DAYS TWO & THREE: \_\_\_\_\_ (Date)

- **Date and time to wash treatment site(s): \_\_\_\_\_**
- You may begin cleansing the treated area 2-3 times per day with **Avene Tolerance Extreme Cleansing Lotion**. Cleanse the area gently with lukewarm water and **avoid** the use of wash cloths.

(Over)

## Procedures to follow **DAY TWO & THREE CONTINUED**

- After cleansing, spray **Avene Thermal Spring Water** onto treated area(s). Next, saturate the **Facial Compress** with **Thermal Spring Water** and place over the treatment area for 15 minutes. Mist the compress as needed to keep it moist. This will help reduce heat and redness. Do this once a day after initial morning cleansing for **three days**.
- Next, apply a thin layer of **Avene Cicalfate Restorative Skin Cream** to the treated area. The **Avene Cicalfate Restorative Skin Cream** may be thinned down by mixing it with the **Avene Thermal Spring Water**. Apply additional layers as needed for excessive dryness. Keep the treated area moist at all times. You may spray **Avene Thermal Spring Water** onto the treated area liberally. If the area becomes too dry or tight, apply a mixture of **Avene Cicalfate Restorative Skin Cream** with **Aquaphor**.
- **Do not apply sun block during the first three days; remain indoors.**
- **Wait 48 hours post procedure before shampooing your hair.** Before shampooing apply a layer of **Aquaphor** to the treated area(s). The **Aquaphor** will create a barrier to help protect the skin from the chemicals of the shampoo.

## Procedures to follow on **DAY FOUR** until Healed: \_\_\_\_\_ (Date)

- Continue using the **Avene Tolerance Extreme Cleansing Lotion** to cleanse the treated area twice a day. Cleanse the area gently and avoid the use of wash cloths as the skin is still sensitive.
- After cleansing, apply a layer of **Avene Tolerance Extreme Cream\*\*** to the treated area. Apply additional layers as needed for excessive dryness. Use **Avene Cicalfate Restorative Skin Cream** or **Aquaphor** to spot treat extremely dry areas.
- When going outdoors, apply a layer of **Avene Mineral Ultra-Light Hydrating Sunscreen 50<sup>+</sup>**.

\*\*Although rare, occasionally the skin reacts on **Day Four** when another product such as the **Avene Tolerance Extreme Cream** is applied to the treated area(s). As a result, **extreme** itchiness and redness may occur. If this happens, cleanse the skin and go back to **24-48 hours of using the Aquaphor and Cicalfate mixture.** **Benadryl** and **Zantac** may be taken to alleviate the itching. As with any over the counter medications, check with your pharmacist to ensure there are no contraindications with any current medications you may be taking. After the 24-48 hour delay, re-introduce the **Tolerance Extreme Cream** as instructed on **DAY FOUR.**

## Two weeks post procedure: \_\_\_\_\_ (Date)

- **At your scheduled 2 week follow-appointment your technician will determine** when you should resume using the prescribed Hydroquinone. If cleared you may apply a pea size amount to clean skin in the p.m. Moisturizer is applied after the Hydroquinone.
- If using a Retin A – continue use only as directed by your provider.
- **A Sunscreen of SPF 30 or above must be used daily on the treatment area.**
- The **Tolerance Extreme Mask** may be used after your 2 week follow up appointment. Apply to the treatment area and leave on for 5 minutes. Remove with warm water.
- At 4 weeks Post CO2, you may want to consider having a HydraFacial procedure performed. This will help rehydrate the new cells and alleviate dry skin.

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